
Risotto Al Merlot

Windsor Family Cookbook

Windsor Vineyards, Windsor CA

Servings: 4

USE NON-CORRODIBLE COOKWARE ONLY.

3 1/2 cups beef or chicken broth

1 1/4 cups Merlot wine

3 tablespoons butter

1 small onion, minced

1 1/2 cups Arborio rice

1/2 cup Parmesan cheese, grated

1/2 teaspoon salt

1/4 teaspoon pepper, coarsely ground

2 tablespoons parsley, chopped

In a medium saucepan, simmer the broth and the Merlot.

In a large saucepan, melt two tablespoons of butter. Add the onion and saute' over moderate heat until softened. Stir in the rice and cook, stirring, until the grains are coated with butter and slightly translucent, 1 to 2 minutes.

Stir in 1/2 cup of the simmering broth. Cook, stirring constantly, until the rice has absorbed most of the liquid. Gradually adding the broth, 1/2 cup at a time, cook, stirring constantly, until the rice is almost tender but still crunchy in the center, 20 to 25 minutes.

Stir in the cheese, salt and pepper. Continue, to cook, stirring and adding the remaining broth as necessary, 1/4 cup at a time, until the rice is tender but still firm and is bound with a creamy sauce, 3 to 6 minutes longer. Stir in the remaining 1/4 cup of wine, parsley and remaining one tablespoon of butter.

Serve immediately.

Side Dishes

Per Serving (excluding unknown items): 386 Calories; 12g Fat (27.8% calories from fat); 10g Protein; 58g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 555mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 2 Fat.